


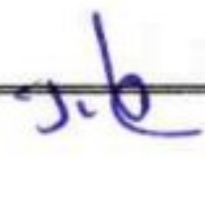


SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS
OLD MOTI BAGH: PATIALA-147001

POST GRADUATE DIPLOMA IN SPORTS
PSYCHOLOGY (ONE YEAR)
SESSION 2023 – 24 ONWARDS
2024-25

ORDINANCES

Post Graduate Diploma
In
Sports Psychology (One Year)
Examinations (semester system)
Course Code- SPSD1PUP

1. The examination for the degree of POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (One Year) shall be held in one academic year to be called POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (One Year) shall consist of two Semesters viz. Semester 1st and 2nd. The examination of the Semester 1st and 2nd shall be held as per the Academic calendar of Punjabi University, Patiala.
 2. One-year P.G. Diploma in Sports Psychology shall be open to a candidate who has passed Bachelor's Degree with Psychology as core subject/Sports Science/Physical Education/Medical and Allied Health Sciences/any stream with Diploma in Sports Coaching with at least 50% marks in the aggregate from this University or any other University recognized as Equivalent there to by the Academic Council.
 3. Submission of migration certificate at the time of submission is compulsory.
 4.
 - a) The Assessment in each semester of POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (One Year) Course will be **30% internal and 70% external** for each theory paper. The result of the Internal Assessment shall be conveyed to the examination branch of Punjabi University, Patiala by the Academic wing of NSNIS.
 - b) The internal assessment of (theory) (Total marks 30) will be based on all or some of the Following:
 - Worksheets/Assignment/Seminar – 40%
 - Quiz 40%
 - Attendance 20%
 - c) The internal assessment for Practical components (Total marks 30) will be based on all or some of the Following:
 - Demonstration – 20%
 - Attendance – 20%
 - File – 20%
 - Assignments/reports/Seminar - 40%
 - d) The internal assessment for Project (Total marks 30) will be based on all or some of the Following:
 - Punctuality and Discipline 50%
 - Presentation and Report 50%
- Note:** If a case comes to notice of the Senior Executive Director or Director Academics, where the marks awarded by the Teacher are on a very Higher/Lower side, the award will be got moderated by the following committee.
1. Director Academics of the NSNIS
 2. Course Coordinator / COE
 3. Head of the Department concerned
 4. A member as nominee of Senior Executive Director NSNIS
5. The student who fails in the theory paper(s) in the external exam, the internal assessment will remain the same, and the said student will have to appear and pass the external exam only.
 6. Minimum number of marks required to pass each semester examination will be 40% for each paper and 40% in the aggregate of the semester examination; 40% in practical papers.
 7. The syllabus for the session shall be such as prescribed by the NSNIS and passed by members of Board of Studies of Punjabi University, Patiala.
 8. One-year P.G. Diploma in Sports Psychology examination is open only to candidate who satisfies the following requirements:
 - a) Has been on the rolls of the NSNIS throughout the Semester term proceeding the examination.
 - b) of having good moral character.
 - c) of having attended not less than 75% lectures delivered to that class in each Paper as well as 75% of the laboratory work, seminars etc. separately. Provided that a deficiency in attendances may be condoned for special reasons, as per the College rules.
 9. The medium of instruction shall be English.

- O: Outstanding 91-100
- A+: Excellent 81-90
- A: very Good 71-80
- B+: Good 61-70
- B: Above Average 51-60
- C: Average 41-50
- P: Fair 35-40
- F: Fail 0
- D: Detained: 0

19. *A candidate who has passed P.G DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR) examination from NSNIS shall have one chance, within a period of two years, after passing the examination, to improve his division in a maximum of 1/3 of total theory papers offered in both ONE YEAR DIPLOMA IN SPORTS PSYCHOLOGY I & II semester examinations. The candidates shall also entitle to grace marks as admissible under the ordinance relating to grace marks.

20. POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR) (ONE YEAR) course consists of a number of courses. The term 'course' is applied to indicate a logical part of the subject matter of the program and is invariably equivalent to the subject matter of a "paper" in the conventional sense.

- a) The candidates are required to give their preference order for specialization, if any.
- b) Specialization will be choice based.

A minimum of passing marks will be given to candidates who have reappear for the purpose of calculation of their merit.

*Note: Out of papers taken up the candidate, will be given benefit of increase in marks, where the marks have increased in Paper/Papers.

 2-6

Syllabus
Post Graduate Diploma
in
Sports Psychology (One Year)
Examinations (semester system)
Program Code- SPSD1PUP

Program Description:

P.G. Diploma in Sports Psychology is a one year post graduate diploma course which trains and equips the students to use psychological knowledge and skills to address optimal performance and well-being of athletes, and to deal with the systemic issues associated with sports settings and organizations. The department will incorporate both theoretical and practical knowledge of the field to train the students to become a professional in the field of sports psychology. The program would help to develop a career in Sports Psychology. The students would learn how the human psychology influences sports/athletic performances and the effects of exercise and physical activity on the psychology. The program provides an insight into the theoretical and practical orientation of sports psychology and the basic skills of psychological counseling that could be applied in the context of sports coaching.

Course Name: POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (One Year)
(One Year)

Program Objectives:

1. Understand the multi-disciplinary nature of sports sciences and its interrelationship with Sports Psychology.
2. Understand applied assessment of sport specific Psychological Skills.
3. Understand basics of psychological support for athletes.
4. Understand the need for sports Psychology educational material for athletes.
5. Understand Psychological preparation for competitions.
6. Understand analysis and interpretation of data in sports Psychology
7. Understand project development and implementation in Sports Psychology

Program Outcomes:

1. Learn the multi-disciplinary nature of sports sciences and its interrelationship with Sports Psychology.
2. Develop competency in applied assessment of sport specific Psychological Skills.
3. Learn basics of psychological support for athletes.
4. Develop competency in preparing sports Psychology educational material for athletes.
5. Formulate Psychological preparation for competitions.
6. Develop competency in analysis and interpretation of data in sports Psychology

7. Learn project development and implementation in Sports Psychology

Scheme / Credit Structure

SEMESTER: 1 (Credits 22)

| S. No. | <u>Paper Code</u> | Subject Description | Total credits | Hours/ Week | | | Allocation of Marks | | Total Marks |
|-----------|-------------------|---|---------------|-------------|---|----|---------------------|----------|-------------|
| | | | | L | T | P | Internal | External | |
| Theory | | | | | | | | | |
| 1 | SPSD1101T | Interdisciplinary Studies-I | 3 | 2 | 1 | 0 | 30 | 70 | 100 |
| 2 | SPSD1102T | Introduction To Applied Sports Psychology | 3 | 2 | 1 | 0 | 30 | 70 | 100 |
| 3 | SPSD1103T | Interventions in Sports Psychology | 3 | 2 | 1 | 0 | 30 | 70 | 100 |
| 4 | SPSD1104T | Social-Psychological and Cultural Aspects in Sports | 3 | 2 | 1 | 0 | 30 | 70 | 100 |
| Practicum | | | | | | | | | |
| 5 | SPSD1105P | Sports Science Assessments | 2 | 0 | 0 | 4 | 15 | 35 | 50 |
| 6 | SPSD1106P | Practical Sports Psychology | 4 | 0 | 0 | 8 | 30 | 70 | 100 |
| 7 | SPSD1107P | Project I | 4 | 0 | 0 | 0 | 30 | 70 | 100 |
| | | Total | 22 | 8 | 4 | 12 | | | 650 |

SEMESTER: 2 (Credits 24)

| S. No. | <u>Paper Code</u> | Subject Description | Total credits | Hours/ Week | | | Allocation of Marks | | Total Marks |
|-----------|-------------------|--|---------------|-------------|---|---|---------------------|----------|-------------|
| | | | | L | T | P | Internal | External | |
| Theory | | | | | | | | | |
| 1 | SPSD1201T | Interdisciplinary Studies-II | 3 | 2 | 1 | 0 | 30 | 70 | 100 |
| 2 | SPSD1202T | Psychological Preparation for Sports competition | 3 | 2 | 1 | 0 | 30 | 70 | 100 |
| 3 | SPSD1203T | Counselling in Sports Psychology | 3 | 2 | 1 | 0 | 30 | 70 | 100 |
| Practicum | | | | | | | | | |
| 4 | SPSD1204P | Sports Counselling | 4 | 0 | 0 | 8 | 30 | 70 | 100 |
| 5 | SPSD1205P | Project II | 3 | 0 | 0 | 0 | 30 | 70 | 100 |
| 6 | SPSD1206P | Internship | 6 | 0 | 0 | 0 | 30 | 70 | 100 |
| | | Total | 22 | 6 | 3 | 8 | | | 600 |

SEMESTER -I

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

PUNJABI UNIVERSITY, PATIALA

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-I

THEORY PAPER I – INTERDISCIPLINARY STUDIES-I

Paper Code- SPSD1101T

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 3 Hours

Teaching and Tutorial Hours: 45

Credits: 03

Minimum pass Marks: 40%

Instructions for Paper Setter (Total marks=70)

The question paper will consist of three sections i.e. A, B, and C. The questions shall be covered each. Section A and B will have four questions each from respective sections of syllabus and will carry 12(12X4=48) marks each. Out of which students have to attempt two questions each from section A and B. Section C will consist of 11 short answer type questions of 2 marks each. This section will cover the entire syllabus uniformly and will carry 22 marks in all.

Instructions for the Candidates

Candidates are required to attempt two questions each from sections A and B. Section C is a compulsory consist of 11 short answer type questions of 2 marks each.

Section - A

1. Introduction to Exercise Physiology

1.1. Introduction and scope of exercise physiology

1.2. An overview of the systems of organization in the human body

2. Cardiovascular System

2.1. structure of heart

2.1 blood circulation through human heart

2.2 functions of blood

3 Respiratory system

3.1 respiratory pathways

3.2 mechanism of breathing

3.3 lung volumes

3.4 lung capacities

4 Neuromuscular system

4.1 structure of skeletal muscle and motor unit

4.2 Mechanism of muscular contraction

4.3 types of muscle fibres

4.4 Physiological basis of fatigue and recovery

Section – B

5 Introduction to Sports Anthropometry

- 5.1 Introduction and Application of Kinanthropometry in sports
- 5.2 Meaning of growth and stages of Human Growth
- 5.3 Adolescent growth spurt: its effect on training
- 5.4 Developmental age, and role of developmental age in sports
- 5.5 Introduction, factors influencing body composition
- 5.6 Body composition as a health and fitness indicator in sports

6. Sports Rrehabilitation

- 6.1 . Principal of Rehabilitation
- 6.2 . Phases of Rehabilitation

7. Recovery in Sports

- 7.1 Medico biological means of recovery
- 7.2 Ice Bath
- 7.3 Massage
- 7.4 Sauna bath
- 7.5 Steam bath

REFERENCE BOOKS

- Physiology of sports and Exercise. Wilmore JH, Costill DL. Human Kinetics publishers.
- Kinanthropometry and Exercise Physiology (4thEdition) Manual by Roger Eston and Thomas Reilly, 2019.
- Anderson MK, Foundations of Athletic Training: Prevention, Assessment, and Management. 4th ed. In: Therapeutic Modalities. Lippincott Williams and Wilkins. 2008.

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-I

THEORY PAPER II – INTRODUCTION TO APPLIED SPORTS PSYCHOLOGY

Paper Code- SPSD1102T

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 3 Hours

Teaching and Tutorial Hours: 45

Credits: 03

Minimum pass Marks: 40%

Instructions for Paper Setter (Total marks=70)

The question paper will consist of three sections i.e. A, B, and C. The questions shall be covered each. Section A and B will have four questions each from respective sections of syllabus and will carry 12(12X4=48) marks each. Out of which students have to attempt two questions each from section A and B. Section C will consist of 11 short answer type questions of 2 marks each. This section will cover the entire syllabus uniformly and will carry 22 marks in all.

Instructions for the Candidates

Candidates are required to attempt two questions each from sections A and B. Section C is a compulsory consist of 11 short answer type questions of 2 marks each.

Section - A

1. Introduction To Applied Sports Psychology

- 1.1. Origin and current status
- 1.2. Scope of sport psychology
- 1.3. Role of sport psychologist
- 1.4. Introduction to exercise psychology
- 1.5. Predominant Models of Sports Psychology
- 1.6. Professional sport & exercise psychology organizations and journals

2. Linking Psychology Concepts with Applications-I

- 2.1. Concept of Personality and sports performance
- 2.2 . Personality and sports performance
- 2.3 . Concept of Information processing in the sport context.
- 2.4 . Information processing in the sport context
- 2.5 . Motor skill learning(phases) and its relevance in the sports context
- 2.6 . relevance of Motor skill learning in the sports context

Section - B

3. Linking Psychology Concepts with Applications-II

- 3.1. Concept of Motivation in sports context (different age group/team/participation level)
- 3.2. Motivation in Sports context (different age group/team/participation level)
- 3.3. Concept of Emotion and its relevance in performance.
- 3.4. Relevance of Emotion in performance

4. Arousal-Performance Relationship

- 4.1. Differentiating, anxiety, arousal, tension, stress and activation
- 4.2. Understanding arousal and its influence on performance
- 4.3. Alternative concept to inverted U hypothesis
- 4.4. The stress process: Appraisals and responses
- 4.5. Changes in competitive state anxiety (Time to event)

REFERENCE BOOKS

- Jarvis, Matt (2006). Sport Psychology: a student's handbook. Routledge. ISBN 1-84169-581-5. OCLC 60971762.
- Green, C.D. & Benjamin, L.T. (2009). Psychology gets in the game. Lincoln, NE: University of Nebraska Press.
- Cole, Bill. "Sport Psychology: A Short History and Overview of A Field Whose Time Has Come, And How It Can Help You In Your Sport".

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-I

THEORY PAPER III – INTERVENTIONS IN SPORTS PSYCHOLOGY

Paper Code- SPSD1103T

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 3 Hours

Teaching and Tutorial Hours: 45

Credits: 03

Minimum pass Marks: 40%

Instructions for Paper Setter (Total marks=70)

The question paper will consist of three sections i.e. A, B, and C. The questions shall be covered each. Section A and B will have four questions each from respective sections of syllabus and will carry 12(12X4=48) marks each. Out of which students have to attempt two questions each from section A and B. Section C will consist of 11 short answer type questions of 2 marks each. This section will cover the entire syllabus uniformly and will carry 22 marks in all.

Instructions for the Candidates

Candidates are required to attempt two questions each from sections A and B. Section C is a compulsory consist of 11 short answer type questions of 2 marks each.

Section - A

1. Stress Management for Athletes

- 1.1. Mind to muscle techniques
- 1.2. Muscle to mind techniques
- 1.3. Activation technique
- 1.4. Biofeedback/Neurofeedback training for athletes.
- 1.5. Systematic Desensitization Technique

2. Psychology Support During Injury Rehabilitation

- 2.1. Stress-injury (Integrated model)
- 2.2. Personal and situational factors
- 2.3. Cognitive appraisals, emotional and behavioural responses
- 2.4. Monitoring mood states during injury

Section B

3. Maintaining psychological momentum

- 3.1 Techniques of motivation enhancement

3.2 Preventing choking

3.3 Concept of overtraining

3.4 Preventing burnout


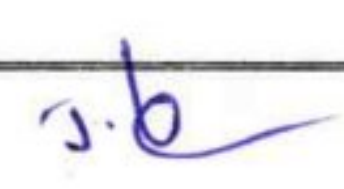
4. Psychological Skill Training

4.1. Introduction to Psychological skills training

4.2. Phases of Psychological skills training

REFERENCE BOOKS

- Afremow, J. A. (2014). The champion's mind: How great athletes think, train, and thrive. Rodale Books.
- Kremer, J., Moran, A. P., & Kearney, C. J. (2019). Pure sport: Practical sport psychology. Routledge.
- Mack, G., & Casstevens, D. (2001). Mind gym: An athlete's guide to inner excellence. McGraw-Hill.

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-I

THEORY PAPER IV – SOCIAL-PSYCHOLOGICAL AND CULTURAL ASPECTS IN SPORTS

Paper Code- SPSD1104T

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 3 Hours

Teaching and Tutorial Hours: 45

Credits: 03

Minimum pass Marks: 40%

Instructions for Paper Setter (Total marks=70)

The question paper will consist of three sections i.e. A, B, and C. The questions shall be covered each. Section A and B will have four questions each from respective sections of syllabus and will carry 12(12X4=48) marks each. Out of which students have to attempt two questions each from section A and B. Section C will consist of 11 short answer type questions of 2 marks each. This section will cover the entire syllabus uniformly and will carry 22 marks in all.

Instructions for the Candidates

Candidates are required to attempt two questions each from sections A and B. Section C is a compulsory consist of 10 short answer type questions of 2 marks each.

Section - A

1. Group Processes

- 1.1. Difference between a team and a group
- 1.2. Development of a Team
- 1.3. Structure of a Group
- 1.4. Creating an effective team climate

2. Group Cohesion

- 2.1. Factors of team cohesion
- 2.2. Relationship between cohesion and performance
- 2.3. Measurement of team cohesion
- 2.4. Enhancing team cohesion

Section B

3. Leadership Styles

- 3.1. Definitions, characteristics and leadership behavior
- 3.2. Leadership styles and approaches
- 3.3. Multidimensional model of sports leadership
- 3.4. Components of effective leadership
- 3.5. Team Communication

4. Cultural Competency in Professional Practice

- 4.1. Sensitivity while working in multicultural settings
- 4.2. Diversity in sports context
 - 4.2.1. Cultural
 - 4.2.2. Gender
 - 4.2.3. Economic
 - 4.2.4. Social

REFERENCE BOOKS

- Carron, A. V., Hausenblas, H. A., & Eys, M. A. (2005). Group dynamics in sport (3rd ed.). Morgantown, WV: Fitness Information Technology
- Loughhead, T. M., & Hardy, J. (2006). Team cohesion: From theory to research to team building. In S. Hanton & S. D. Mellalieu (Eds.), Literature reviews in sport psychology (pp. 257-287). Hauppauge, NY: Nova Science Publishers
- Weinberg, R. S., & Gould, D. (2003). Foundations of sport and exercise psychology (3rd ed.). Champaign, IL: Human Kinetics.
- Yukelson, D. (2010). Communicating effectively. The sport team as an effective group. In J. M. Williams (Ed.), Applied sport psychology: Personal growth to peak performance (pp. 149-165). New York: McGraw Hill.

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-I

PRACTICAL PAPER I – SPORTS SCIENCE ASSESSMENTS

Paper Code- SPSD1105P

External Marks: 35

Internal Marks: 15

Total Marks: 50

Exam Time: 2 Hours

Practical Hours: 60

Credits: 02

Minimum pass Marks: 40%

1. Execution of Field based Scientific tests

- Strength & Conditioning Evaluations
- Anthropometric Measurement techniques
- Field and Lab based tests of Physiology
- HighAltitudeTraining
- Biochemistry tests
- Nutritional profiling
- Biomechanics Evaluations
- Pre participation evaluation

2. Interpretation of data/results/reports of Field based Scientific tests

- Strength & Conditioning Evaluations
- Anthropometric Measurement techniques
- Field and Lab based tests of Physiology
- HighAltitudeTraining
- Biochemistry tests
- Nutritional profiling
- Biomechanics Evaluations
- Pre participation evaluation

REFERENCE BOOKS

- Physiology of sports and Exercise. Wilmore JH, Costill DL. Human Kinetics publishers.
- Kinanthropometry and Exercise Physiology (4thEdition) Manual by Roger Eston and Thomas Reilly, 2019.
- Anderson MK, Foundations of Athletic Training: Prevention, Assessment, and Management. 4th ed. In: Therapeutic Modalities. Lippincott Williams and Wilkins. 2008.

- Haff, G. Gregory, Triplett, N. Travis. Essentials of strength training and conditioning. 4th Edition, Human Kinetics.
- Nicholas A. Ratamess. ACSM's Foundations of Strength Training and Conditioning. Wolters Kluwer Health/Lippincott Williams & Wilkins, 2011
- Biomechanical basis of human movement. Joseph Hamill, Kathleen M. Knutzen. Lippincott Williams & Wilkins.
- Principles of Biochemistry- Donald Voet, CW Pratt, JG Voet (2012) Wiley, ISBN:1118092449.
- Nutrition for Sport, Exercise, and Health by Marie Spano, Laura Kruskall, D. Travis Thomas, Human Kinetics.

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-1-SEMESTER-I

PRACTICAL PAPER II – PRACTICAL SPORTS PSYCHOLOGY

Paper Code- SPSD1106P

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 2 Hours

Practical Hours: 120

Credits: 04

Minimum pass Marks: 40%

1. Psychometric Assessment

Personality, Motivation, Task and ego goals, Emotion states, Mood states, Anxiety assessment, Self-efficacy assessment, Mental toughness, Self-confidence, and Performance Profiling

2. Sports Psychological therapeutic Interventions

Progressive Muscular Relaxation, Autogenic Training, Systematic Desensitization, HRV Breathing, Imagery Training, Vision Board Construction

3. Sports Psychological Equipment supported interventions

Neuro-bio feedback, Vienna Test System, Neurotracker, Sports vision trainer, Rehacom, Neurobalance, Eye tracker

4. Research and documentation

Designing and preparing Project Report

REFERENCE BOOKS

- Jarvis, Matt (2006). Sport Psychology: a student's handbook. Routledge. ISBN 1-84169-581-5. OCLC 60971762.
- Green, C.D. & Benjamin, L.T. (2009). Psychology gets in the game. Lincoln, NE: University of Nebraska Press.
- Cole, Bill. "Sport Psychology: A Short History and Overview of A Field Whose Time Has Come, And How It Can Help You In Your Sport".

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-1-SEMESTER-I

PRACTICAL PAPER III – PROJECT I

Paper Code- SPSD1107P

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 2 Hours

Practical Hours: 120

Credits: 04

Minimum pass Marks: 40%

1. Preparation of Psychological Education Material for Athletes
2. Case Studies

Project Assessment Criteria

Total marks: 100

Assessment areas

| Sr. No. | Assessment Area | Marks allotted | |
|------------|---|----------------|----------|
| | | Internal | External |
| 1 | Punctuality and discipline <ul style="list-style-type: none">• Regularity• Punctuality• Discipline• Originality• Innovation | 15 | -- |
| 2 | Viva <ul style="list-style-type: none">• Comprehension• Critical thinking• Confidence• Communication• Spontaneity and mannerism | -- | 35 |
| 3 | Presentation and report <ul style="list-style-type: none">• Content• Report writing• Powerpoint presentation• Language and delivery• Audience interaction | 15 | 35 |

SEMESTER 2

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

PUNJABI UNIVERSITY, PATIALA

Post Graduate Diploma in Sports Psychology (One Year)

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-II

THEORY PAPER I – INTERDISCIPLINARY STUDIES-II

Paper Code- SPSD1201T

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 3 Hours

Teaching and Tutorial Hours: 45

Credits: 03

Minimum pass Marks: 40%

Instructions for Paper Setter (Total marks=70)

The question paper will consist of three sections i.e. A, B, and C. The questions shall be covered each. Section A and B will have four questions each from respective sections of syllabus and will carry 12(12X4=48) marks each. Out of which students have to attempt two questions each from section A and B. Section C will consist of 11 short answer type questions of 2 marks each. This section will cover the entire syllabus uniformly and will carry 22 marks in all.

Instructions for the Candidates

Candidates are required to attempt two questions each from sections A and B. Section C is a compulsory consist of 11 short answer type questions of 2 marks each.

Section - A

1. Basics of Kinesiology

- 1.1. Introduction to Kinesiology and its importance in coaching
- 1.2. Concept of reference system and its significance, various references, Centre of gravity
- 1.3. Mechanical axis, anatomical and standard standing position
- 1.4. Types of planes and axes
- 1.5 Definition and explanation of various fundamental and auxiliary movements

2. Introduction to strength training and conditioning

- 2.1. Meaning/ Definition of conditioning
- 2.2. physical fitness, health related fitness and performance related fitness
- 2.3. components of physical fitness
- 2.4. Warm up, definition, types and importance of warm up

3. Training Load

- 3.1. Concept of training load
- 3.2. factors of load
- 3.3. functions of load
- 3.4. load monitoring

- 3.5. recovery and overtraining
- 3.6 Training principles

Section - B

4. Introduction to sports biochemistry

- 4.1. Definition, Aim and importance,
- 4.2. Exercise Metabolism (Anabolism and Catabolism)
- 4.3. Storage of fuels in the body
- 4.4. relevance of carbohydrates and lipids for sports and Exercise.

5. Hydration and weight management

- 5.1. Importance of hydration
- 5.2. Symptoms of dehydration
- 5.3. Guidelines for fluid and nutrient intake to maintain hydration status
- 5.4. Methods of crash weight reduction and their harmful effects
- 5.5. Guidelines for healthy weight reduction
- 5.6. Weight gain

REFERENCE BOOKS

- Haff, G. Gregory, Triplett, N. Travis. Essentials of strength training and conditioning. 4th Edition, Human Kinetics.
- Nicholas A. Ratamess. ACSM's Foundations of Strength Training and Conditioning. Wolters Kluwer Health/Lippincott Williams & Wilkins, 2011
- Biomechanical basis of human movement. Joseph Hamill, Kathleen M. Knutzen. Lippincott Williams & Wilkins.
- Principles of Biochemistry- Donald Voet, CW Pratt, JG Voet (2012) Wiley, ISBN:1118092449.
- Nutrition for Sport, Exercise, and Health by Marie Spano, Laura Kruskall, D. Travis Thomas, Human Kinetics.

PUNJABI UNIVERSITY, PATIALA

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-II

THEORY PAPER II- PSYCHOLOGICAL PREPARATION FOR SPORTS COMPETITION

Paper Code- SPSD1202T

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 3 Hours

Teaching and Tutorial Hours: 45

Credits: 03

Minimum pass Marks: 40%

Instructions for Paper Setter (Total marks=70)

The question paper will consist of three sections i.e. A, B, and C. The questions shall be covered each. Section A and B will have four questions each from respective sections of syllabus and will carry 12(12X4=48) marks each. Out of which students have to attempt two questions each from section A and B. Section C will consist of 11 short answer type questions of 2 marks each. This section will cover the entire syllabus uniformly and will carry 22 marks in all.

Instructions for the Candidates

Candidates are required to attempt two questions each from sections A and B. Section C is a compulsory consist of 11 short answer type questions of 2 marks each.

Section - A

1. Psychological Preparation

- 1.1. Goal Setting: Types of goals
- 2.2 Principles and advantage of effective goal setting
- 2.3 Psychological Preparation for sports competitions
- 1.2. Stages of Psychological Preparation for sports competitions

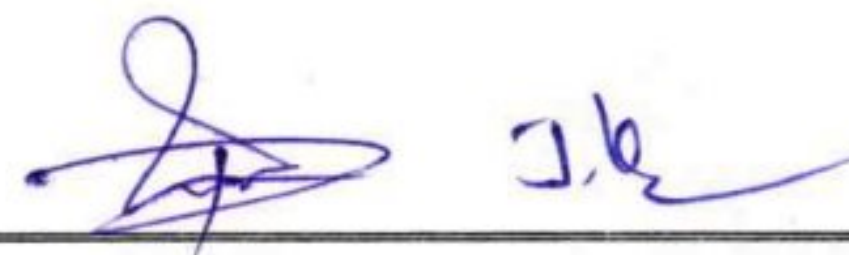
2. Psychological Preparation of Sports Team

- 2.1. Need assessment and discussions
- 2.2. Planning the program and intervention
- 2.3. Monitoring progress in athletes and modifications
- 2.4. Terminating the sessions and evaluation
- 2.5. Reflective practice

Section – B

3 Optimizing psychological mindset of athletes

- 3.2 Concept of Flow State
- 3.3 Characteristics and application of flow state in sports



- 3.4 Emotional Intelligence
- 3.5 Mental Toughness Training
- 3.6 Ideal Performance State

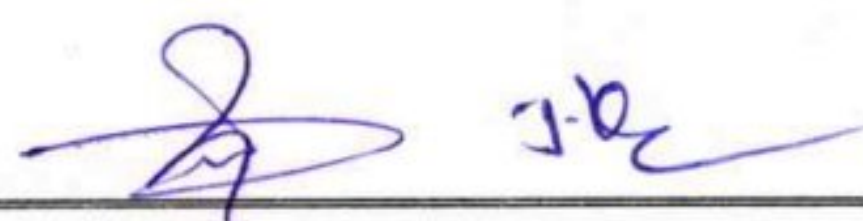
4 Self-Determination and Passion in Sports

- 4.2 Self-determination as a unifying concept of motivation
- 4.3 Perceived competence, personal control and autonomy support
- 4.4 Goal setting as a technique of motivation in different contexts
- 4.5 Concept of harmonious passion and obsessive passion

REFERENCE BOOKS

- Anshel, M.H. (1997). Sport psychology from theory to practice, Scottsdale, Ariz., 1997, Gorsuch Scarrisbrick. Vealey R.S. (2000). Psychology of sports and exercise. In S.J. Hoffman and J.C. Harris, editors: Introduction to Kinesiology: Studying physical activity, Champaign, Ill, 2000 Human kinetics.
- Clough, P., Earle, K. and Sewell, D. 2002. Mental toughness: The concept and its measurement. In I. Cockerill (Ed.), Solutions in sport psychology (pp. 32–45). London: Thomson.
- Acharya J, Morris T. Psyching up and psyching down. In: Papaioannou AG, Hackfort D, editors. Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts. London: Routledge; 2014. p. 386–401.
- Dweck, C. 2006. Mindset: The new psychology of success. New York, NY: Random House.

PUNJABI UNIVERSITY, PATIALA



POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-II

THEORY PAPER III- COUNSELLING IN SPORTS PSYCHOLOGY

Paper Code- SPSD1203T

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 3 Hours

Teaching and Tutorial Hours: 45

Credits: 03

Minimum pass Marks: 40%

Instructions for Paper Setter (Total marks=70)

The question paper will consist of three sections i.e. A, B, and C. The questions shall be covered each. Section A and B will have four questions each from respective sections of syllabus and will carry 12(12X4=48) marks each. Out of which students have to attempt two questions each from section A and B. Section C will consist of 11 short answer type questions of 2 marks each. This section will cover the entire syllabus uniformly and will carry 22 marks in all.

Instructions for the Candidates

Candidates are required to attempt two questions each from sections A and B. Section C is a compulsory consist of 11 short answer type questions of 2 marks each.

Section – A

1. Perspectives on Abnormal Behaviour

- 1.1. Meaning and definition of normality and abnormality
- 1.2. Models for understanding causes of behaviour dysfunction
- 1.3. Classification of sports relevant disorders
- 1.4. Causal factors

2. Fundamental Counselling Skills

- 2.1. The Athlete-Counsellor Relationship
- 2.2. Basic Counselling Skills
- 2.3. Code of ethics in professional practice
- 2.4. The Counselling Interview
- 2.5. Developing Case Histories

Section – B

3. Approaches to Counselling Therapy

- 3.1. The Humanistic Approach (Person-Centered Therapy)
- 3.2. Behavioural Approach

- 3.3. Cognitive Behavioural Approach
- 3.4. Psychoanalytic Approach
- 3.5. Developing An Eclectic Approach

4. Individualized Counselling Skills

- 4.1. Counselling for behavioural problems in adults
- 4.2. Counselling for behavioural problems in adolescents
- 4.3. Counselling for behavioural problems in children
- 4.4. Counselling injured athletes
- 4.5. Counselling Athletes with Permanent Disabilities.

REFERENCE BOOKS

- Tamminen, K.A., Crocker, P.R.E. and McEwen, C.E. 2016. Emotional experiences and coping in sport: How to promote positive adaptational outcomes in sport. In R. Gomez, R. Resende, & A. Albuquerque (Eds.), Positive human functioning from a multidimensional perspective (pp.143-162). New York: Nova Science.
- Gardner FL, Moore ZE. Clinical Sport Psychology. Champaign, IL: Human Kinetics; 2006.
- Patterson LE, and Welfel ER (2000). The counselling process, (5thed). Wadsworth, Brooks/Cole Thomson Learning.
- Egan, G. (2013). The skilled helper - A Problem Management Approach to Helping. Brooks/Cole Publishers.
- Sarason&Sarason (2005). Abnormal Psychology. (11thed). Pearson Education
- Trower, P., Casey, A., & Dryden, W. (2004). Cognitive behavioural counselling in action. Sage Publications.

PUNJABI UNIVERSITY, PATIALA

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-II

PRACTICAL PAPER I – SPORTS COUNSELLING

Paper Code- SPSD1204P

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 2 Hours

Practical Hours: 120

Credits: 04

Minimum pass Marks: 40%

Section A

1. Counsellor's self – worth: Case discussion

Self – awareness, understanding motives, personal analysis.

2. Use of counselling model: Case discussion:

Practicing counselling model & skills.

3. Basic Therapeutic skills: Case discussion:

Assessing feelings and physical reactions, assisting client to identify and rate feelings and physical reactions regarding a situation, assessing thinking, assisting client to identify and rate thoughts, perceptions and images regarding a situation.

Section B

4. Advanced Therapeutic skills: Case discussion:

Developing structuring skills, negotiating homework assignment skills, evaluating therapeutic skills, supervising and being supervised.

5. Case discussion: Evidence-based psychology support in high-performance athletes

Individual Sports, Team Sports, Combat Sports, Precision Sports and Water Sports

6. Case Analysis

Co-counselling, and counselling role play, case vignettes, verbatim writing, and verbatim analysis.

REFERENCE BOOKS

- Tamminen, K.A., Crocker, P.R.E. and McEwen, C.E. 2016. Emotional experiences and coping in sport: How to promote positive adaptational outcomes in sport. In R. Gomez, R. Resende, & A. Albuquerque (Eds.), Positive human functioning from a multidimensional perspective (pp.143-162). New York: Nova Science.
- Patterson LE, and Welfel ER (2000). The counselling process, (5th ed). Wadsworth, Brooks/Cole Thomson Learning.
- Egan, G. (2013). The skilled helper - A Problem Management Approach to Helping. Brooks/Cole Publishers.
- Trower, P., Casey, A., & Dryden, W. (2004). Cognitive behavioural counselling in action. Sage Publications.

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-I-SEMESTER-II

PRACTICAL PAPER II –PROJECT II

Paper Code- SPSD1205P

External Marks: 70

Internal Marks: 30

Total Marks: 100

Exam Time: 2 Hours

Practical Hours: 90

Credits: 03

Minimum pass Marks: 40%

Writing a Sports Psychology Review article

Project Assessment Criteria

Total marks: 100

Assessment areas

| Sr. No. | Assessment Area | Marks allotted | |
|------------|---|----------------|----------|
| | | Internal | External |
| 1 | Punctuality and discipline <ul style="list-style-type: none">• Regularity• Punctuality• Discipline• Originality• Innovation | 15 | -- |
| 2 | Viva <ul style="list-style-type: none">• Comprehension• Critical thinking• Confidence• Communication• Spontaneity and mannerism | -- | 35 |
| 3 | Presentation and report <ul style="list-style-type: none">• Content• Report writing• Powerpoint presentation• Language and delivery• Audience interaction | 15 | 35 |

PUNJABI UNIVERSITY, PATIALA

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (ONE YEAR)

Course Code: SPSD1PUP

PART-1-SEMESTER-II

PRACTICAL PAPER 3 – INTERNSHIP

Paper Code- SPSD1206P

External Marks: 70
Internal Marks: 30
Total Marks: 100
Exam Time: 2 Hours

Duration: 4 Weeks
Credits: 06
Minimum pass Marks: 40%

Places of Internship: 23 NCOES SAI centres across India.

The internship centres will be allotted based on the choice given by candidate (as per merit order in 1st semester) and the availability of seats at a particular centre

Mentor/ Supervisor: SO/HPA/PA (Sports Psychology) under the guidance of In charge of the particular centre

Boarding and Lodging: The boarding and lodging facility can be provided at the centres, if available. The expenditure of the boarding and lodging will be borne by the candidate of their own.

At the centres, where boarding and lodging facilities are not available, candidates will have to arrange the boarding and lodging of their own

Stipend:

No stipend will be paid to the candidates for the internship.

Assessment areas

| Sr. No. | Assessment Area | Assessment Criteria | Remarks |
|---------|------------------------------------|--|---------|
| 1 | Ethics, punctuality and discipline | <ul style="list-style-type: none">• Discipline• Punctuality• Commitment towards training• Dynamism | |
| 2 | Psychological Assessment | <ul style="list-style-type: none">• Equipment based Assessment• Paper-Pencil Assessments• Data entry | |
| 3 | Psychological Support | <ul style="list-style-type: none">• Communication skills• Ability to adjust with Group of athletes• Ability to motivate athletes• Monitoring• Follow ups | |

| | | | |
|---|--------------------------|---|--|
| 4 | Field related activities | <ul style="list-style-type: none"> • Observation reports • On field group Support activities • On field individual support Activities • Communication with supporting staff | |
| 5 | Presentation and report | <ul style="list-style-type: none"> • Interpretation of reports • Data presentation • Case study presentation • Overall work report | |

At the end of the internship, the Mentor/ Supervisor of the respective centre need to provide the remarks of the candidates in the given format.